

ABSTRACT OF THE DISCLOSURE

A method of preparing food to be cooked under heat or food cooked under heat, which is capable of decreasing acrylamide contained in the food after the cooking, wherein the method comprises adding to the food at least one water-soluble poly-valent metallic compound. The poly-valent metallic compound is preferably a compound capable of allowing poly-valent metal ions selected from the group consisting of Ca^{2+} , Mg^{2+} , Al^{3+} , $\text{Fe}^{2+/3+}$, Cu^{2+} , Zn^{2+} and Ba^{2+} be contained in the food before the cooking.